Seniors

Continued from Page 1C

A broken hip during the senior years has long been known to send patients on a downward spiral.

But this study impli-

cated long-healed fractures of any type as early as middle age to poor health later on.

» Good mobility — no trouble walking quickly or getting up from chairs -is one of the best indicators of well-being. Prior fractures were a risk for poor later mobility.

» Obesity seems

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Decision Notice
Greater Sage-grouse Bi-state
Distinct Population Segment
Forest Plan Amendment Decision Notice The Greater Sagegrouse Bi-state Distinct Population Segment Forest Plan
Amendment Record of Decision
(ROD) for the HumboldtToiyabe National Forest (HTNF) of the USDA Forest Service was signed on May 16, 2015.
A Federal Register notice for
this project was published on
May 20, 2016. The plan amendment will become effective 30
days after publication of the
Federal Register Notice. For
more information contact James
Winfrey, Forest Planner,
Humboldt-Tolyabe National
Forest, 1200 Franklin Way,
Sparks, NV. 89431. A copy of the
Record of Decision can be found
on line at: http://www.fs.usda.g
ov/project/?project=40683

No 1299379 May 24, 2016

No 1299379

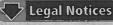
May 24, 2016

No 1299379 May 24, 2016

Project Identification
Project Name: Fire Sprinkler Installation & Fire Alarm
Replacement, NNCAS
Project Address: 2655 Enterprise Road, Reno, Nevada
SPWD Project No.: 15-S03(2)
Owner: State Public Works Division, 515 E, Musser Street, Suite
102, Carson Gity, Nevada 89701-4263, (775)1684-414
BID: OPENING:
Date: June 21, 2016
Time: 2:00 PM (local time)
PRE-BID MEETING
Mandatory (for all Prime
Contractors/Bidders). Pre-Bid
Meeting Location: 2655 Enterprise Road, Reno, Nevada
Pre-Bid Meeting Date: 6/2/16
Pre-Bid Meeting Time: 10:00 AM (local time)
ACCESS TO BID DOCUMENTS Pre-Bid Meeting Date: 3716
Pre-Bid Meeting Time: 10:00 AM
(local time)
ACCESS TO BID DOCUMENTS
Plans and specifications can be viewed and/or downloaded utilizing the 'Bid Advertisements' link located on the Nevada State
Public Works Division website (http://spwb.state.nv.us/).
BIDDER QUALIFICATIONS
All bidders submitting bids to the State Public Works Division must be qualified as bidders by the State Public Works Division prior to the bid opening.
CONSTRUCTION COST ESTI-MATE The estimated construction cost for the base bid of this project is: \$350,000.0. Prevailing Wages are required on this project.

No 1259360 May 24, 31, 2016

NOTICE OF PUBLIC SALE
Nofice is hereby given that the
following individuals are in debt
to American Self Storage 1060
Freeport Blvd Sparks NV 89431.
American Self Storage will self
at public sale on www.storagetresures by competitive bid.
Units for sell can be viewed
Starting Tuesday May 17th 2016
and the final bid will be completed on Wednesday June 1st 2016,
at 2:00 PST. With the process of
sald sale to be used to offset past
due rent and costs of the sale.
The facility phone number is 775358-6054.
Robbis Brooks 358-6054. Bobbie Brooks



NOTICE TO CREDITORS
(The Bob and Elile Dickenson 1
Notice is hereby given that the undersigned a
and qualified trustees of The Bob and Elile D
was created by trust agreement dated Septem
Dickenson (also known as Robert Emory
Dickenson) died on March 31, 2016. All cre
against Robert E. Dickesnon or The Bob and
must file a claim with the undersigned at the
within 90 days after the mailing or the first po
may be) of this notice.

Dated this 4th day of May 2016.
Claims against the trust estate must be filed at Nancy Dickenson Jones and Kristina Marie i Bob and Ellie Dickesnon Trust cia J. Robert P of J. Robert Parke, LLC, 6490 S. McCarran Bi Reno, NV 89509

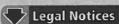
No 1299417

Legal Notices



REQUEST FOR PROPOSALS Walker RI
The Walker River Paluie Tribe Tax Commissio als from qualified firms or individuals with sub riencing in the area of taxation to conduct au Walker River Paluie Tribe Taxation Departmen will include, but not necessarily limited to the professional service necessary for conducting River Paluie Tribe Tax Commission. Firms or to the Request for Proposal must submit at Statement of qualifications to perform the sco River Paluie Tribe Tax Commission (schools/mit all persons being utilized and their qualifications or the profession (schools/mit all persons being utilized and their qualifications are reference. 4. Must have knowledge sues, cases, case law and some knowledge of 5. If claiming indian preference, proposer must that they are Indian owned and/or operated through Walker River TERO Department. 6. T good for (1) year. The Walker River Paluie reserves the right to relect any and all propose be received by closing on June 24, 2016 at 5:00 Walker River Paluie Tribe, Taxation Depar Schurz, Nevada 89427, or hand deliver to: 402 Nevada 89427, 77-773-2478

No 1298673





APN#: 001-330-24 Trustee Sale No. AMS1916
FORECLOSURE SALE WARNING! A SALE C
IS IMMINENT! UNLESS YOU PAY THE AM
THIS NOTICE BEFORE THE SALE DATE
YOUR HOME, EVEN IF THE AMOUNT! IS
MUST ACT BEFORE THE SALE DATE. IF YOU SHOWN PLEASE CALL TERRA WEST COLLE
D/B/A ASSESSMENT MANAGEMENT SERVII
IF YOU NEED ASSISTANCE, PLEASE CALL
SECTION OF THE OMBUDSMAN'S OFFICE
TATE DIVISION, AT 1-877-827-9907 IMMEDIA
DEFAULT UNDER A DELINQUENT ASSESS
AUGUST 03, 2015. UNLESS YOU TAKE ACTION
PROPERTY, IT MAY BE SOLD AT A PU
NEED AN EXPLANATION OF THE NATURE
INGS AGAINST YOU, YOU SHOULD CONTI
TICE IS HEREBY GIVEN THAT ON May 31, 2
So. Virginia Street entrance to the Washoe C
Court Street, Reno, Nevada, 89501, under the
to the terms of those certain Covenants, Condi
recorded on April 24, 1973 as Document numbe
records of Washoe County, Assessment Manag
y appointed agent under that certain Notice
ment Lien, recorded on August 03, 2015 as Doc
of the official records of said county, will sell to
highest bidder, for lawful money of the United
and Interest in the following property known
as: Legal Description: Record Owner(s): 1147
N 89503 Lot 24 in Block 2 of SIERRA LOMA
to the map thereof, filed in the office of th
Washoe County, Nevada, on August 17, 1972 as
Kathleen Brennan Irrevocable Trust, Kathleen
IS HEREBY GIVEN that SIERRA LOMA
to the map thereof, filed in the office of th
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